



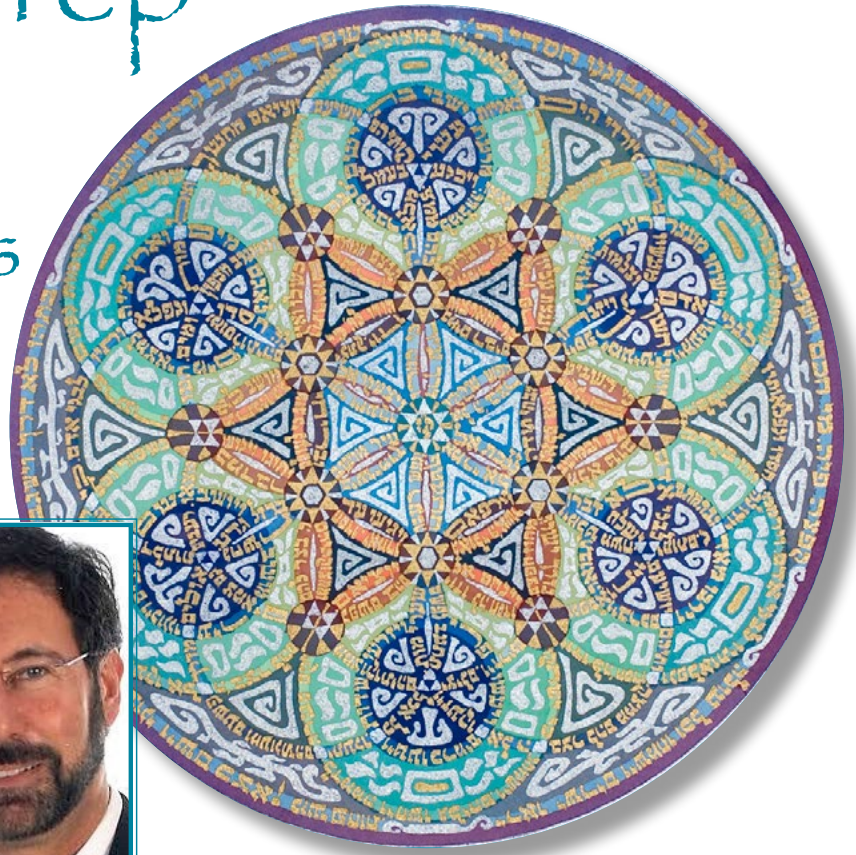
# Spiritual Prep

for the

## High Holy Days

**Wednesday**  
**September 13**  
**7:30 - 8:45 pm**

**with Justin C Beck**



The month of Elul, Rosh Hashanah, Yom Kippur, Sukkot, and Simchat Torah...

Every year this cycle of 50 days comes around and we are not the same people we were the year before.

Whether we are actively conscious of change or just experience it in retrospect, the questions are:

What kind of role do you want to play in the coming year?

What specific areas of your life do you want to improve?

What is the depth and quality of your relationship with people and with your direct relationship with G-d?

Take advantage of this historical opportunity which our ancestors have participated in for millennia. With a bit of preparation and intention this Holy Day period will be more meaningful and valuable.

**Please call or email the synagogue office if you plan to attend.**

**203-374-5544 / [bethelfairfield@gmail.com](mailto:bethelfairfield@gmail.com)**

**There is no charge for this event and it is open to all.**